



Annual Report -2014-15



“HEALTH A REALITY”

RESEARCH

ADVOCACY

ACTIVISM

ACTION

“COMMUNITY HEALTH”

“WOMEN EMPOWERMENT”

“ENVIRONMENT PROTECTION”

VOLUNTARY HEALTH ASSOCIATION OF GOA

(Registered under the Societies Act, Reg. No. 223/Goa/2001)




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MOMENTS TO REMEMBER



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From President's Desk

Voluntary Health Association of Goa has worked relentlessly in the last 13 years to reach out to the people by adopting a mission of making health a reality in Goa.

Through liberalization, privatization and globalization the world is changing fast, yet there is widespread migration, loss of traditional livelihood, domestic violence, decline in child sex ratio, environment degradation and lack of old age care, lack of health care facilities to remote areas. VHAG has understood the need of the hour. It has hence always focused on integrated holistic approach with special emphasis on advocacy and community development.

As an organization constantly in interest of rural community development and with an aim to provide better health care facilities, VHAG has organized various sensitisation workshops for stakeholders across the state, policy planners and member organisations, developed various IEC materials for effective community education and advocacy, and also combined social activism with community motivation at grass roots in the total sanitation campaign, advocacy for tobacco control, TB control, environment issues, community health and school health programmes.

I am thankful to the Members of the Executive Committee and General Body of VHAG for their guidance and support. I take this opportunity to thank the funder organizations and donors in their constant effort to make our programmes successful. I sincerely extend our whole hearted thanks to Goa Shipyard Ltd, Public Health Department, Goa, PWD Ministry of Goa, Sanofi(I) Ltd., The UNION, and our parent body VHAI. We are grateful for their trust and assistance in various social development programmes.

I extend a special thanks to the media fraternity who has always highlighted the issues and concerns raised by VHAG. VHAG could not have achieved these milestones without the endeavor and perseverance of VHAG team members. I congratulate them on their constant efforts and wish them all success. I wish them good luck in their mission of good health for all, which would proactively contribute towards social development.

Mr. Raj Vaidya

President, VHAG

FOREWORD



There is a famous saying “The most basic of all human needs is the need to understand and be understood.”

We at VHAG UNDERSTAND and indeed implement this thought into action. The community is the base, the strength and the recipient of needed interventions in society. A HEALTHY empowered community is the stepping stone to sustainable development. However, implementation of developmental work is not only the responsibility of the Government - we as civil society need to play an important role as implementers and not just as critics.

From year to year we are aiming for a wider outreach program. The considerable achievement of last year was the VHAG effort in association with The Union, when South Goa district was declared as smoke free and now we aim to focus on effective implementation of COTPA in both North and South Goa districts.

Through providing rural health care, and empowerment of youth and women, VHAG will continue in its advocacy at all levels to highlight the gravity of the problems in society, and especially in remote places. I would like to thank the VHAG team which has worked on the ongoing projects with zeal and determination. I take this opportunity to thank Shri Alok Mukhopadhaya-CEO VHAI, Mr. P. Bhatnagar for the support in Axshaya project as well as the experts’ team from Union Office for their support, guidance and help in Implementation of COTPA in Goa State.

Goa Shipyard Limited, Sanofi (I) Ltd. & Govt. of Goa also needs a special mention here for extending their valuable support always and special thanks to the Executive Committee of VHAG which has always been helpful and cooperative in setting the vision and new policy guidelines and simultaneously guiding the VHAG team.

I also thank all member organizations of VHAG for playing an important supportive role. I look forward to another successful year of benefitting society with our hard work and dedication.

Hony.Secretary
Dr Anita Dudhane

VHAG- The Organization

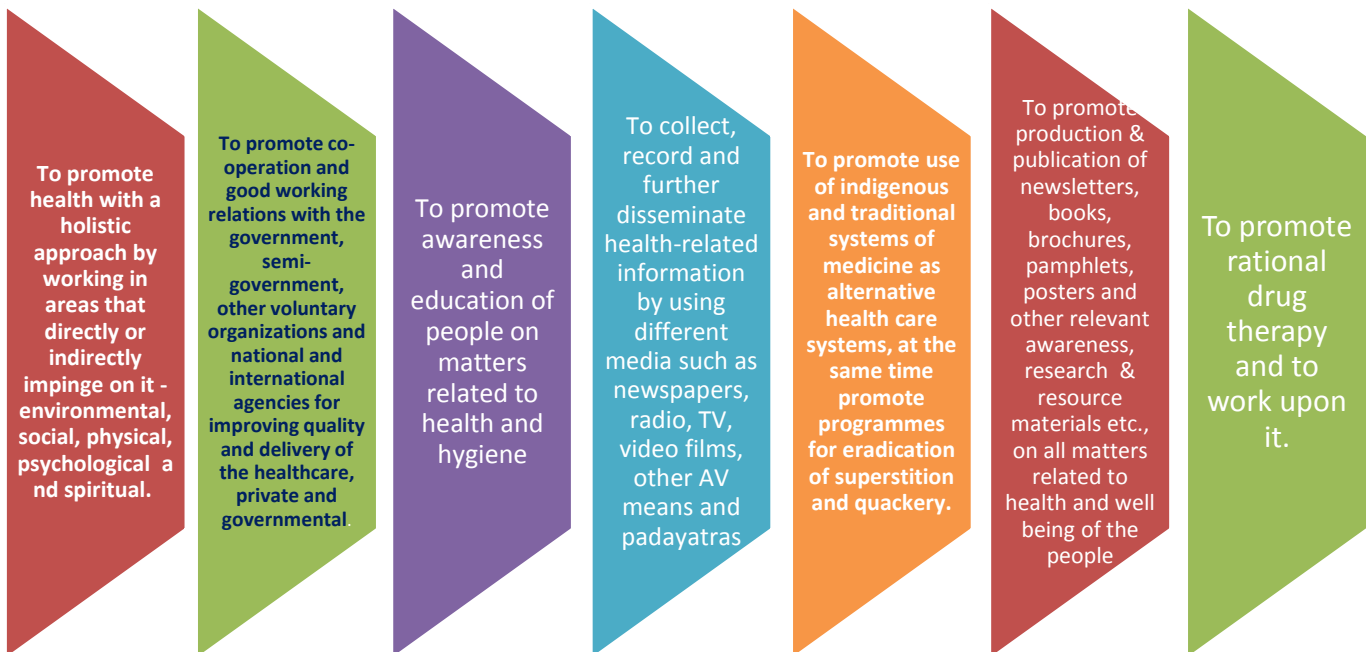
OUR VISION

To Make 'Health a Reality' to the People of India in general and to the people of Goa in particular.

OUR MISSION

Striving to build a healthy nation through Research, Advocacy, Activism and Action.

OUR OBJECTIVES



OUR CORE ACTIVITIES



EXECUTIVE COMMITTEE- VHAG

S. No.	Name	Designation	
1.	• Mr. Raj Vaidya	President	
2	• Dr. Silvano Sapeco	Vice- President	
3	• Dr. Anita Dudhane	Secretary	
4	• Dr. Gladstone A D'costa	Treasurer	
5	• Dr. Ashwani Kumar	Joint Secretary	
6	M Sundaram	Member	

Community Health and Development



A. Tuberculosis Care and Control Program under Axshya Project

Tuberculosis (TB) is a major public health problem in India. India accounts for one-fifth of the global TB incident cases. Each year nearly 2 million people in India develop TB, of which around 0.87 million are infectious cases.

The Axshya project was introduced in Goa with the objective of:

- Improving the reach, visibility and effectiveness of RNTCP through civil society support
- Engaging communities and community-based care providers to improve TB care and control, especially for marginalized and vulnerable populations including TB-HIV patients.

To commence this huge work the Global Fund Round-9 Axshya Project was launched in Goa on the 27TH of April 2012 at the Ever since the launch of this project in Goa, it has done immense work by organizing numerous, workshops, meetings and trainings.

A brief overview of the work done by VHAG under the Axshya project IN FY 2014-15

Date	Activity	Purpose	No of People Benefitted
12/4/2014	Orientation Training for Community Volunteers	To train community volunteers on the - Referrals, DOT Provision, Sputum Collection & Transport (Axshya Mitra)	31
19/01/2015			20
3/5/2014	Training for Health staff on soft skills	The purpose of this training was to develop a pool of master trainers to train health staff at the district level in IPC, counseling and soft skills.	31
			02
10/5/2014	Quarterly Review Meeting of RHCP with District TB Officer	Reviewed challenges and gaps Identified way forward	18
15/3/2015			
15/5/2014	Sensitization of TB Patients on Patients Charter	To inform TB patients on their rights and responsibilities To empower people with TB disease To effectively advocate with health care providers and administrators	31
11/08/2014			22
24/9/2014			21
14/11/2014			10
18/12/2014			26
28/1/2015			22
19/5/2015	Quarterly Review Meeting of TI, DLN and CSC	To ensure universal coverage of TB services among HIV positives and HIV services among TB patients with HIV infection. Early initiation of ART for all TB patients irrespective of CD4 count. Early initiation of ART is expected to improve immune competency and prevent the development of TB. improve access of HIV-infected TB	12
8/9/2015			12
08/12/2014			10
31/12/2014			09
31/3/2015			10

		patients to ART centres. To improve functional coordination between both (RNTCP&NACP) facility units and community interventions	
4/6/2014	Quarterly meeting OF ICTC/ DMC	To coordinate referrals from ICTC to DMC and develop cross linkages To review challenges and gaps	25
4/2/2015			27
20/6/2014	Quarterly review Meeting with Community Volunteers	To conduct sessions on TB care and control To review activities and plan for activities To document experience of Axshya Mitra	13
24/7/2015			22
17/10/2014			15
12/2/2015			15
25/6/2014	Developed and Oriented a TB forum	To participate in meetings with DTOs/ CMOs and provide information on the community perspectives of the programme, interact with patients and bring community perspectives to TB programme. To participate in community meetings organized by NGOs. Coordinate referrals from ICTC to DMC and develop cross linkages. To act as DOT providers /community referrers, etc. Review challenges and gaps	10
25/9/2014			11
29/12/2014			8
31/3/2015			10
12/9/2014	District Level Sensitization Workshop for NGO on Axshya Activities & RNTCP Schemes	Enhance their knowledge about the problem of Tuberculosis and measures taken by RNTCP for the Tuberculosis control in Goa. Enhance their knowledge of the different schemes available under RNTCP for NGOs. Learn about the GFATMA R9 TB (AXSHAYA) project and the role of NGOs partner in the implementation of AXSHAYA project. NGO staff will be equipped to carry out AXSAHYA project NGO interventions in the assigned geographical area.	12
14/9/2014	District Level Sensitization Program for RHCP on TB Care and Control	Make them refer patients to DMCs Act as sputum collection centers Act as community DOT providers	25
5/12/2014	World AIDS Day	To create awareness about TB HIV and to reinforce messages on TB HIV and address misconceptions identified through community meetings	250
24/3/2015	World TB Day Awareness Campaign	To create awareness about TB Care and Control To reinforce messages on TB and address misconceptions identified through community meetings	200
Jan to Dec 2014	Sputum collection and transportation	To assist in early diagnosis of TB	169
Jan to Dec 2014	Default retrieval	To undertake this retrieval activities as part of their community based activities To visit the patient, DOT provider and provide counseling services to prevent default.	2

Details of GKs in FY 2014-15

FY 2014-15	No. of events conducted	No. of participants	Location	Target audience
April 2014-March 2015	187	2582	North Goa	SHGs, Sub health centre, Village panchayat, PRI, PTA Members, VHSC, CBO

Community Events

Month	No. of events	No. of participants	Location	Target audience
January 2014	2	100	Ranbaxy Private LTD Madkai	Company Labours
March 2014	1	200	Ideal High School Taligao	School Students
April 2014	1	170	Vascon Construction site Verem	Construction Labours
May 2014	1	50	Montfort Vocational Training Center, Corlim	Students
July 2014	1	60	Acron Construction Nachnoda	Construction Labours
August 2014	1	70	Flash Mob, Panjim Market	Community
September 2014	3	440	Bicholim, Valpoi, Thane	Students
October 2014	1	60	Valpoi Construction Site	Construction Labours
November 2014	5	690	Valpoi, Keri, Dona Poula, Panjim and Pernem	Students and Construction labours
December 2014	6	730	Dona Poula, Mercem, Chimbel, Sakhali, Thane and Bicholim	Students and Construction Labours
	22	2570		

Orientation Training for Community Volunteers



B. Implementation of National Tobacco Control Program

Tobacco is one of the leading causes of premature death and disease all over the world. According to statistics; tobacco kills nearly 6 million people globally every year including 600,000 nonsmokers through exposure to secondhand tobacco smoke. In India, tobacco kills around one million persons every year, through its use in many forms of smoking and smokeless products like leaf tobacco, zarda, khaini and Gutka etc.



In its bid to address this issue in Goa; VHAG in collaboration with International Union against Tuberculosis and Lung Disease implemented the National Tobacco control Program in Goa. The main objective of this program is to implement the Anti-Tobacco laws and to sensitize all stakeholders

a) District Task force meetings & coordination committee meetings

In the FY 2014-2015 VHAG organized district task force Committee meetings & District level Coordination Committee Meetings for North Goa & for South Goa.

Sr. No.	Date	Venue	No of Participants
NORTH GOA			
1	20/08/2004	North Goa Collectorate, Panjim	18
2	30/09/2014	North Goa Collectorate, Panjim	20
3	08/05/2015	North Goa Collectorate, Panjim	27
SOUTH GOA			
4	29/04/2014	South Goa Collectorate, Margao	24
5	26/05/2014	South Goa Collectorate, Margao	15
6	16/10/2014	South Goa Collectorate, Margao	12
7	29/01/2015	South Goa Collectorate, Margao	16
8	30/04/2015	South Goa Collectorate, Margao	27

b) Campaign against smoking in public places on World No Tobacco Day



On 31st May 2014 to celebrate “World No Tobacco day”, Voluntary Health Association of Goa in collaboration with GOACAN and International Union Against Tuberculosis and Lung disease organized campaign to spread awareness on the ill effects of tobacco consumption and as well as to create awareness on the prohibition of smoking in public places at the Kadamba Bus Stand, Panajim

The campaign saw large no of commuters made aware about Tobaccos’ harmful effects with help of posters, brochures & street play.

On KTC bus stand Panjim Posters giving information about ill effects of tobacco were displayed, the brochures containing information on various tobacco products & their hazardous health effects were distributed.

All shopkeepers at KTC complex were made aware about COTPA law and requested to put the “No Smoking” board outside their shop.

A street play was also organized in which information was given to the public, how school children on the pretext of going to school get involved in smoking and consume other tobacco related products.

Activities carried during the day:

☞ *Displaying of Pamphlets and Posters and screening of Videos to the general public depicting the ill effects of Tobacco.*

☞ *Surveying the shops in KTC Bus Stand Complex for correct Signage as per the COTPA law*



☞ *Street Play on ill effects of Tobacco consumption & Smoking*

Another programme on same day was organized at Quepem-South Goa in collaboration with Mamledar Office Quepem for migrant labours on construction site.

Significant Achievements in FY 2014-15

South Goa has qualified to be declared smoke-free district

South Goa has qualified to be declared as a smoke-free district as it has succeeded in achieving the benchmark level for compliance to Section 4 of COTPA (Cigarette and Other Tobacco Products Act-2003).

This was conveyed to the district collector N D Agrawal by the South East Asia office of the International Union Against Tuberculosis and Lung Disease (The Union), New Delhi. The Union is the oldest international non-governmental organization involved in the fight against tuberculosis and is also a highly regarded international scientific institute, strong in technical assistance, research and education who had appointed VHAG as implementing partner for effective COTPA law compliance.

"Several jurisdictions in India, which have been declared smoke-free have kept a benchmark of at least 80%, which is also achieved by the district of South Goa, hence it qualifies for the smoke free declaration," Ravinder Kumar, technical officer (Tobacco Control) of the The Union stated in a letter addressed to the district collector.

As per The Union's assessment, South Goa achieved 80% of overall compliance in all indicators. The findings are as follows: In 94% (1,274) of public places in South Goa district, active smoking was not observed. 63% (846) public places had displayed prominent 'no smoking' signage, warning against smoking in a public place and informing public of their rights to enjoy a smoke-free environment. 93% (1,256) of public places had no smoking aids such as ashtrays, match boxes and lighters etc. In 83% (1,129) of public places, no cigarette butts/bidi ends or tobacco litter was found. Ninety per cent (1,220) of public places were observed to be free from tobacco smoking smell.

Smoking ban in Goa polling stations

Mr. Keshav V Chandra, Chief Electoral Officer, Goa on Friday issued a circular to make Goa's polling stations no-smoking areas so that voters are able to cast their votes in a smoke-free environment.



Newspaper coverage about "Smoke Free" polling booths in Goa during voting day, based on order issued by Election Commission in Goa, in response to the appeal made by VHAG

The State unit VHAG of Voluntary health Association of India(VHAI), health-care NGO and National Organisation for Tobacco Eradication(Note)-India had appealed to the CEO to ensure polling stations be made smoke-free. The CEO in the circular has asked the returning Officers, ROs and Assistant Registration Officers (ROs), Assistant ROs and Assistant Electoral Registration Officers to take appropriate measures in this regard. The directive mentions that at polling booths are public places, the circular is in sync with section 4 of the Cigarette and Other Tobacco Products Act (COTPA), 2003. The Act states that smoking is prohibited in all public places. Section 4 also states that a mandatory display signage must be posted in public places. Chapter IX section 20 of the handbook has directed all the polling officers to ensure that no smoking is allowed inside the polling stations. It further adds that neither polling officer nor the polling officer are allowed to smoke inside the polling station.

booths are public places, the circular is in sync with Section 4 of the Cigarette and Other Tobacco Products Act (COTPA), 2003, which states that smoking is prohibited in all public places. Section 4 also states that a mandatory display signage must be posted in public places.

C. Malaria BCC Programme

Malaria is one of the major communicable diseases affecting mankind, caused by Plasmodium parasite, transmitted by the bite of infective female Anopheles mosquito. Malaria imposes great socio-economic burden on humanity, and with six other diseases (diarrhea, HIV/AIDS, tuberculosis, measles, hepatitis B, and pneumonia), accounts for 85% of global infectious disease burden.

Considering the fact that, Malaria was a serious health problem the government of India launched a comprehensive country-wide Malaria control program in order to curb the transmission & spread of this vector borne disease.

Since 2010, VHAG in collaboration with Directorate of Health Services undertook Malaria BCC programme in Goa. One of the Goals of the Malaria Elimination program in Goa is to create a network of partners working in tandem on different aspects of the program to achieve the objectives of MEP in Goa.

Aims & Objectives:

1. To identify all the construction sites in target area.
2. To find out mosquito breeding sites in target area.
3. To create awareness about malaria and prevention of malaria in workers.
4. To impart behavior change communication.
5. To make the construction sites malaria free

Target areas:

Talukas of Tiswadi, Bardez, Marmugao and in Vasco area.

Target group:

Builders, contractors, construction workers and people living around such high risk sites

Activities Conducted under this Program:

- Visit the construction sites & identify construction workers who do not have their health cards made.
- Motivate these workers to visit the health centre & get their health cards done.
- Identify mosquito breeding sites & and with the help of the necessary authority take corrective measures or target larval control activities at these sites.
- Ascertain the availability of drinking water & sanitation facilities at the construction sites
- Conduct Behaviour Change communication (BCC) sessions on Malaria at construction sites for the workers.
- Promote the use of mosquito bed nets by the construction workers
- Blood testing for construction workers for detection of Malaria with the help of malaria staff of health centre.

Findings for the FY 2012-2013

Sr. No.	Area of Interest	April-June 2014	July-Sept 2014	Oct-Dec 2014	Jan-March 2015	Total
1	No of Breeding sites	27	37	33	17	114
2	No. of workers to whom BCC was imparted	930	1108	1019	575	3632
3	No of Construction Sites Visited	233	282	276	189	980





Blood Test at Kimiya Engineering Donapaula



Blood Test at Ocean Park Donapaula



BCC at Goa University Construction



BCC Fomento Construction



BCC at MLC patto Construction



BCC at Fomento Construction

D. Breastfeeding Counseling Program

The mother-child relationship has and, will always remain special. There is no substitute to mother's love and care in the world. Breastfeeding has been one such phenomenon that strengthens the mother-child bond even more. It acts as the natural immunization to the infant and is found to benefit both the mother and the infant. Due to this reason each and every mother needs exclusively breastfeed her baby for at least 2 years.

Taking into consideration the above fact; VHAG in collaboration with Directorate of Health Services had initiated a Breastfeeding promotion programme in 2011. **Breastfeeding promotion programme is now conducted in 2 district hospitals and Goa Medical College.** This project has been supported by State Family Welfare Bureau, Directorate of Health Services, Goa

Aim of the project is to assist three Hospitals (GMC, Asilo & Hospicio) in implementing the 10 steps / guidelines of UNICEF to become a Baby Friendly Hospital.

The counselors with the help of the Flip chart, posters and other IEC materials counsel the mothers on the following:

- The importance of breastfeeding
- Disadvantages of bottle feeding
- Exclusive breastfeeding for 6 months
- Nutrition for mother and child
- Supplementary food after six months
- Family planning
- Benefits of breastfeeding both to the mother and the baby.

Benefits of Breastfeeding:

Benefits to Mothers:

1. Reduces the risk of breast cancer
2. Reduces the risk of uterine and ovarian cancer
3. Lessens osteoporosis
4. Benefits child spacing
5. Promotes emotional health.
6. Promotes postpartum weight loss

7. Costs less to breastfeed

Total No. of mothers counseled in all the three hospitals in the FY 2014-2015

Month	Hospicio	Asilo	Goa Medical College
April	281	338	654
May	175	317	567
June	131	230	468
July	97	289	393
August	146	277	421
September	169	193	519
October	214	223	514
November	113	279	483
December	181	241	513
January	119	197	431
February	195	263	387
March	117	245	456
Total	1938	3092	5806
Grand Total			10,836



On 24th & 25th November 2014 Department of Pediatrics – GMC celebrated world pre-term day. Along with GMC pediatrics doctors the counselor also took activate part in celebrating WORLD PRE-TERM DAY .It was an Educational & exhibition for all the public to know who we can save and survive them and growth them as normal babies. The Chief Minister inaugurated the educational and the exhibition. The public and spectators all happy to see n appreciated the event.

This education and exhibition was done – supporting families ; raising awareness : Make Differenc

WORLD BREAST FEEDING WEEK

(1st August to 7th August)



The World Breastfeeding week was celebrated at both the district hospitals & in GMC by VHAG in association with DHS & nursing colleges. The Theme for WBF-2014 was **BREASTFEEDING A WINNING GOAL FOR LIFE.**

Based on the theme various programmes were arranged at all the hospitals.

Various Activities carried out in GMC & Asilo hospitals:

1. Rangoli competition: All wards in hospitals participated
2. Debates on Breastfeeding Effectiveness & breastfeeding Counseling Feedback
3. Role plays about Breastfeeding & Quiz competitions.
4. Counseling to all mothers present in ward & Nursing homes.



Carmelites Rochelle & Suzana on Breastfeeding week held on 5-08-2013



Flex board / Tin plate - 3X2

PARTNERSHIP UNDER CSR

1. School health Interventions in Verna , Cortalim & Surrounding Schools (CSR activity of Sanofi (I) Ltd.

VHAG in collaboration with its prestigious CSR partner “**Sanofi (I) Ltd**”, a renowned pharmaceutical company ventured on a project of conducting school health camps. The aim of this project was to reach out and provide early diagnosis & timely care to the children of Verna and its surrounding areas



On 15th Jan. 2011, Voluntary Health Association of Goa in collaboration with Sanofi-aventis Group India as part of

their CSR activities initiated health camps in Verna and surrounding area. The partnership with Sanofi Aventis was launched through a formal inauguration held at Our Lady of Perpetual Succor School, Cortalim. The members present for the inaugural ceremony from Sanofi Aventis were, Dr. Praveen Khullar, Sr Director, Development Centre, Mr. Mathew Cherian, Sr Director, Development Centre, Ms. Kaveeta Jayaaraman- Associate Director – Communications, Mumbai.& VHAG Executive Committee Members

2. MOBILE HEALTH CARE PROJECT IN QUEPEM TALUKA

CSR initiative of Goa Shipyard in collaboration with Voluntary Health Association of Goa



The project was launched with an aim of “Making the Quepem Taluka a Healthy Taluka”. This was done by conducting regular health check-ups and awareness sessions amongst the students and the communities of Quepentaluka. Main preference was given to those villages, which are hard to reach and to

whom availing health care facilities remains a distant dream.

Project Goal:

To contribute in providing early diagnosis and timely treatment to the children and adults of Quepem Taluka and increase cure rate by 2017.

E. School School Health Camps Program

The health camps conducted in the year 2013-2014; proved to be a great success as it covered all the major schools of Verna and surrounding areas and offered healthcare services to around 3,148 students from 5th to 10th Std. In the academic year 2014-2015, VHAG and Sanofi ventured on conducting pediatric and dental camps in the same schools in Verna but for students from 1st to 10th standards. This year a total of **2277 students** benefited from these camps from 10 different schools in Verna.

Project purpose

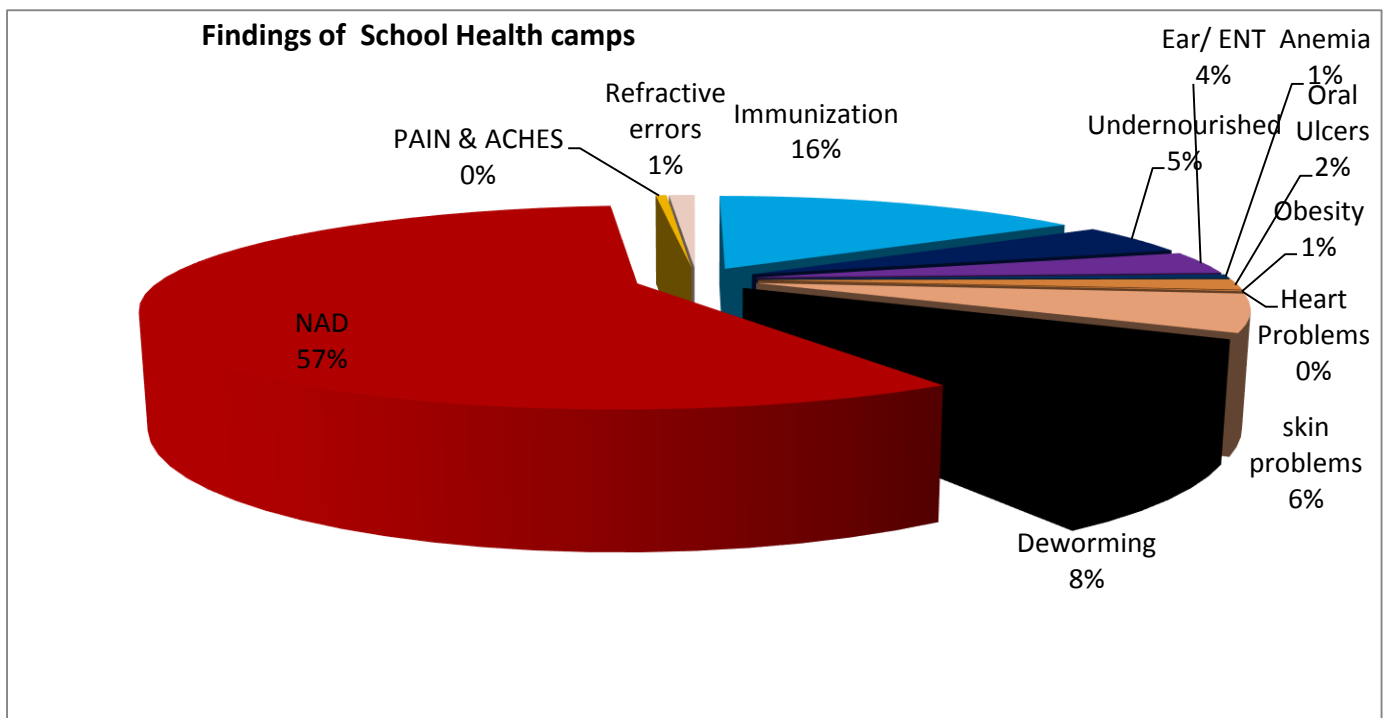
The main purpose of this project is to promote health of school students through direct intervention. This was mainly done in four steps:

- a)** Conducting **health check up with the help of doctors/pediatrician to check** immunization status, nutritional deficiencies, particularly anemia, personal hygiene, worm infestation, cardiovascular problems, eye sight, Goiter and Thyroid swelling, etc., and assessment of developmental parameters (height, weight, mental development, etc.)
- b)** Conducting dental camps and organizing dental counseling
- c)** Those children identified with specific conditions needing further tests would be referred to either private laboratories or to PHC Cortalim, Goa Medical College and advised to take the required treatment.
- d)** Follow up with the school management/parents about the action taken by the Parents of children identified with problems.



NO OF STUDENTS BENEFITTED:

<u>Name OF school</u>	<u>Activity</u>	<u>Beneficiary No. of Students</u>
Vidya Vihar High School, Thana, Cortalim	General ,Dental Check up & Exercise	249
Our lady of Succor High School, Nagoa	General Check up	355
Shantadurga High School, Verna	General , Dental Check up	168
GPS Zuarinagar (Marathi & Kannada medium)	General , Dental Check up, health awareness session	199
Fr. Agnel Multipurpose High School, Nuvem	General , Eye Check up	272
GMS Curpawado, Cortalim	General , health awareness session	43
Holy Rosary HighSchool, Nuvem	General ,Dental Check up	352
GHS Zuarinagar	General check up	275
GMS CORTALIM	General ,Dental Check up, health awareness session	51
Regina Mundi School	General , Dental Check up	313



The above pie chart illustrates the consolidated information of the health camps held in the 10 schools in Verna and its surrounding areas. As seen from the chart; **4%** students are found to suffer from **ENT problems**; which includes cases of ear wax. These students especially those with ear wax problems were advised to go for an immediate cleaning of the ears. It was also seen that **16 %** of the students have not undergone proper **immunization**. Also the chart indicates **9%** students need to be **dewormed**, the

Immunization	373
Undernourished	116
Ear/ ENT	87
Anemia	16
Oral ulcer	41
Obesity	3
Heart problem	0
Skin problems	142
deworming	199
NAD	1366
Pain & Aches	11
Refractive errors	26

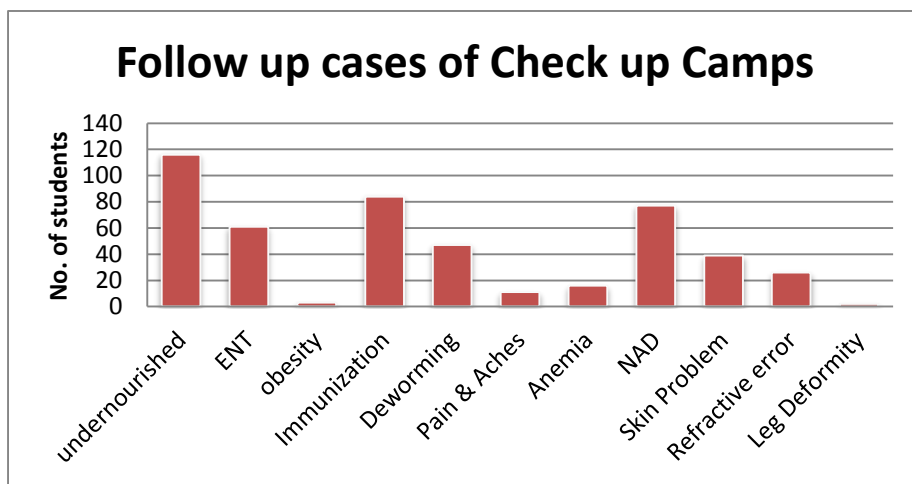
Class teachers of respective schools were asked to get the correct information through health cards or from records maintained at local PHCs, and same was immediately reported to Cortalim PHC and to RBSK cell in DHS. The findings also reveal that around 5% of the students are **undernourished**, 1% students found with symptoms of anemia and **3** of the students found **overweight (BMI showing towards Obesity)**

This clearly suggests poor awareness level amongst the children & parents in particular on, Diet & Nutrition.

Apart from this around **6 %** students suffering from various **skin problems** like allergies, rash on skin, etc. so students were advised to take care of general hygiene mainly washing of hands & keep cleanliness.

Even though we did not come across major health problems this year, still cases were referred to PHCs for urgent interventions in order to prevent them from serious illness, it is important to continue the health promotion activities in the schools. Considering the seriousness of some of the symptoms, special care and immediate medical tests (needed for confirmation of diagnosis) need to be done for such cases.

Follow up cases of the camps



undernourished	116
ENT	61
obesity	3
Immunization	84
Deworming	47
Pain & Aches	11
Anemia	16
NAD	77
Skin Problem	39
Refractive error	26
Leg Deformity	2

Follow-ups also play a significant role in the treatment process; hence in our school camps we give an equal importance to this process.

Details of Urgent treatments

<u>Name OF school</u>	<u>Urgent Treatments Given</u>
Vidya Vihar High School, Thana, Cortalim	3 (fever, ear wax, Stomach pain)
Our lady of Succor High School, Nagoa	7 (Wound infection, fever, flow from ear, ear wax, gum bleeding)
Shantadurga High School, Verna	16 (Ear wax, wound, dental treatments)
GPS Zuarinagar (Marathi & Kannada medium)	0
Fr. Agnel Multipurpose High School, Nuvem	2 (fever, ear wax)
GMS Curpawado, Cortalim	6 (ear wax, cold, blood from nose)
Holy Rosary HighSchool, Nuvem	6 (ear wax, watery discharge from ear) 24 Dental treatments
GHS Zuarinagar	7 (Skin diseases, ear wax)
GMS CORTALIM	1- Fever 9- Dental tratments
Regina Mundi School	0

GENERAL HYGIENE COUNCELING

The General Health awareness session was conducted by Dr. Jiten Sharma, & Dr. Kaushik Jadhav & VHAG Assistant Project coordinator Miss Divyata Shirodkar for the students .



DENTAL CHECKS IN SCHOOLS:

It is important to keep one's mouth healthy with regular brushing and flossing, in addition to periodic cleanings and check-ups with your dentist. Setting this as a habit at a young age can ensure healthy oral condition for many years to come. In order to promote dental health by inculcating good brushing habits in the children.

The dental camps were conducted in the same schools covering **1332** students. Following are the findings of the dental camp.

Findings of Dental Check ups:

DENTAL AILMENTS	STUDENTS NO.
CALCULUS PRESENT	590
DECAYED TEETH	49
MALOCCLUSION	7
MISSING TEETH	26
BROKEN TEETH	11
FILLING	41
REMOVAL	17
FLUORIDATION	39
ORTHODONTIA	21
CLEANING	37
ROOT CANAL	16
SPACE MAINTAINERS	4
Healthy Teeth	456
Restoration	18



DENTAL COUNSELLING

Many oral health problems, including dental caries, malocclusion, and fluorises , begin in childhood and can be prevented through regular preventive dental care and counseling, with the help of Dentist from dental college the students were counseled how to prevent dental caries and the importance of maintain oral hygiene.



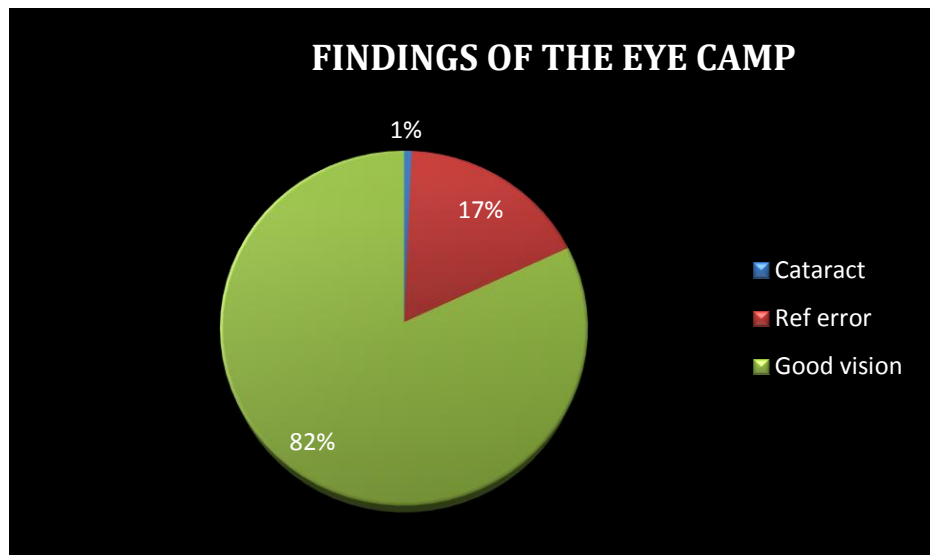
OPHTHALMIC CHECK -UP :

A sight test is a vital health check for the eyes that can pick up early signs of eye conditions before you're aware of any symptoms – many of which can be treated if found early enough.

The Eye screening camp was conducted in Father Agnel School covered over **150** students benefited with the same. The students were screened for refractive errors, & color blindness, the students having major eye problem were referred to Ophthalmologist. Those found to have refractive error were prescribed spectacles.

One case of Matured cataract was found and referred to GMC for urgent interventions.

Observation	NO.
Cataract	1
Ref error	26
Good vision	123

**STUDENTS REFERRED TO HAVE SPECTACLES & OTHER TREATMENTS**

26 students have been referred to have spectacles

GENERAL EXERCISE SESSIONS :

Exercise Activities were performed by the students under the guidance of PT. teacher Peter Jude & Dr. Anil Kumbar (Physiotherapist) at Our Lady of Succor Nagao & Vidya Vihar School, Cortalim.

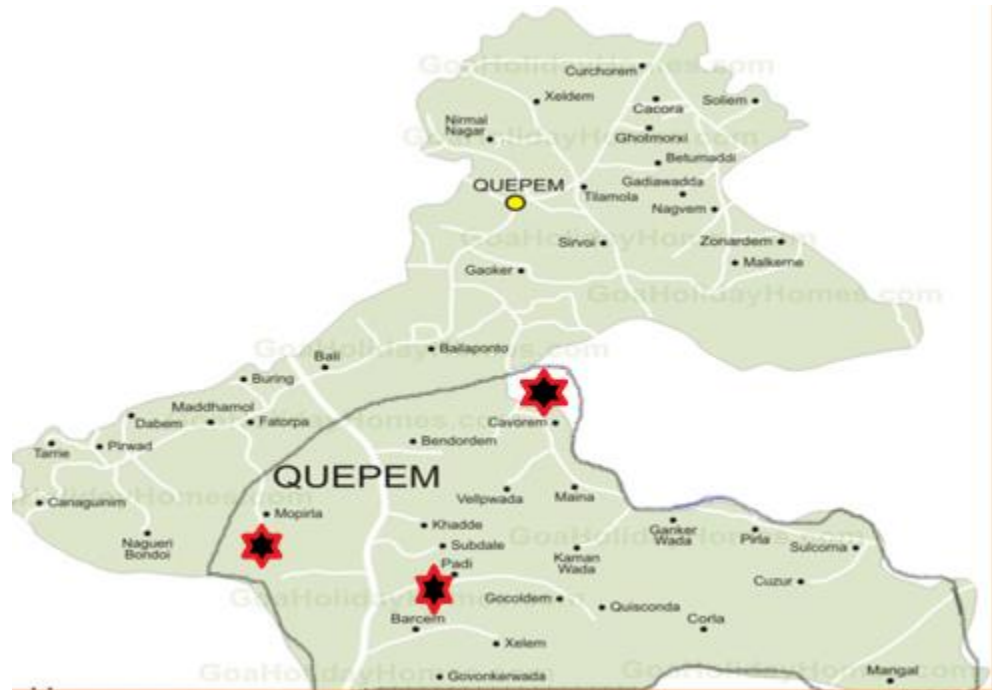


F. Mobile Health Care Project in Quepem Taluka

Grampanchayats

:

1. Caurem Pirla
2. Padi-Barcem
3. Morpirla



During this FY 2014-2015; under this project we have focused on 21 villages & 27 schools (21 Primary schools, 1 Middle schools, 5 High Schools) in 3 Village panchayats of Quepem Taluka Till 31st March 2015, we have conducted general health check ups for **1,115** school students & **13,512** villagers from the project area.

In addition to the general camps, specialized camps (Dental checkups, Eye checkups, Cancer Detection, Diabetic Detection, Bone Mass Density Checks, Thyroid Detection camps, Anemia Detection) have also been conducted.

Health & environmental awareness programmes were also conducted in this financial year.

VILLAGE GENERAL CHECK UP CAMPS IN QUEPEM TALUKA

The general health camps for the community were conducted by Arogya Mitra team in each village under the 3 Panchayats, with an aim of screening the community in the area for various ailments, sensitizing them to health care measures and dispensing basic medical treatment for the various ailments.

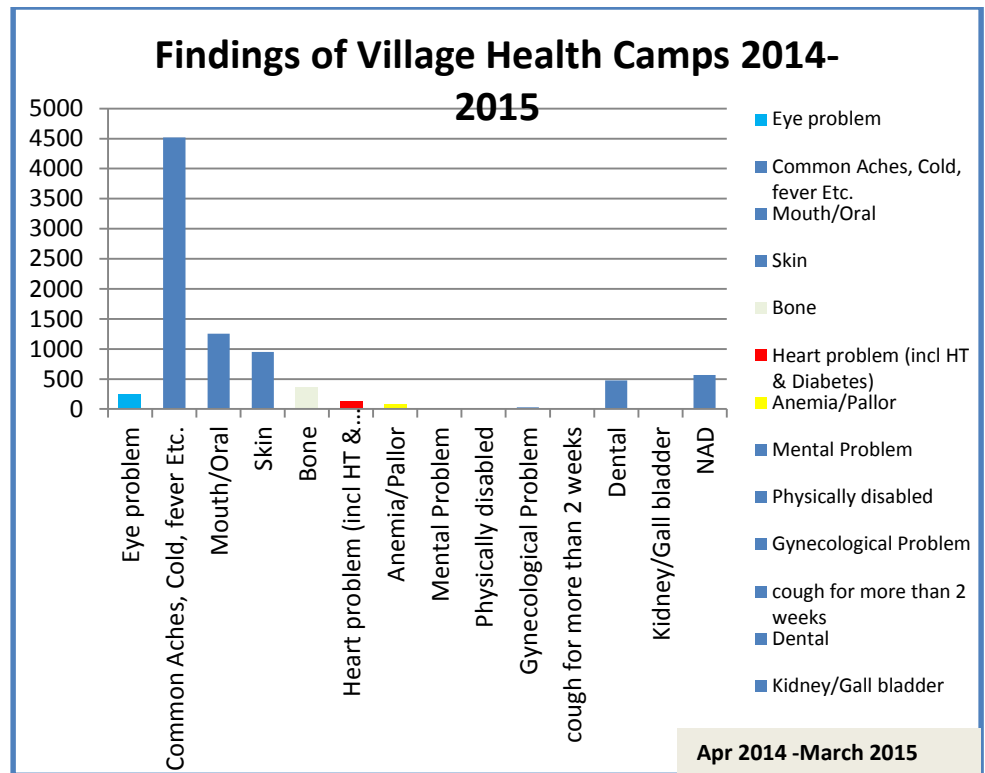
As on 31st March 2015: 13,512 villagers for general health checkups from villages of **3 Village Panchayats** have been covered.

Summary Report for Arogya Mitra – 2014-15 (April – March.31st 2015)

<u>Deliverables</u>	<u>Targ ets</u>	<u>No.</u>	<u>Schools/ Community</u>	<u>Beneficiaries</u>
<u>Health awareness Programmes.</u>	<u>05</u>	<u>05</u>	<u>School</u>	<u>197</u>
<u>Eye Check up Camps</u>	<u>06</u>	<u>06</u>	<u>Community</u>	<u>410</u>
<u>Diabetic Camps</u>	<u>02</u>	<u>02</u>	<u>Community</u>	<u>73</u>
<u>Environment Awareness Programmes</u>	<u>05</u>	<u>05</u>	<u>School</u>	<u>493</u>
<u>Health awareness Programmes.</u>	<u>05</u>	<u>05</u>	<u>Community</u>	<u>167</u>
<u>Environment Awareness Programmes</u>	<u>05</u>	<u>05</u>	<u>Community</u>	<u>148</u>
<u>Cancer awareness & detection camps</u>	<u>02</u>	<u>02</u>	<u>Community</u>	<u>173</u>
<u>Bone density camps for community</u>	<u>06</u>	<u>06</u>	<u>Community</u>	<u>459</u>
<u>Thyroid disease detection camp</u>	<u>02</u>	<u>02</u>	<u>Community</u>	<u>205</u>
<u>Anemia detection camp</u>	<u>02</u>	<u>02</u>	<u>Community</u>	<u>147</u>
<u>Dental Screening</u>	<u>21</u>	<u>21</u>	<u>Community</u>	<u>672</u>
<u>Dental Procedures</u>		<u>42</u>	<u>Community</u>	<u>304</u>
<u>Dental Screening</u>	<u>07</u>	<u>07</u>	<u>School</u>	<u>281</u>
<u>Dental Procedures</u>	<u>07</u>	<u>07</u>	<u>School</u>	<u>106</u>
<u>Bio Toilets</u>	<u>03</u>	<u>03</u>	<u>Community</u>	<u>Pirla, Gokuldem, Rawapan</u>

Consolidated findings of Village Health Camps:

Findings of Village Health Camps	
Eye problem	243
Common Aches, cold, fever	4521
Mouth/Oral	1256
Skin	952
Bone	353
Heart problem/Hypertension/Diabetes	123
Anemia/Pallor	74
Mental Problem	11
Physically disabled	6
Gynecological Problem	29
cough for more than 2 weeks	4
Dental	478
Kidney/Gall bladder	9
NAD	243



Major Observations:

* Approx. 40% patients had complaints of Joint Pains, backache, sprains, suggestive of Arthritis, major reason being extensive labor works in farms and also seasonal cold & fever. Need for specialized orthopedic check up/ referrals & bone density in these villages.

* 74 Patients found with anemia Symptoms, so awareness was spread on consuming healthy nutritious foods & advised blood tests for haemoglobin levels at nearby Primary Health centre.

Due to lack of Oral hygiene & health awareness and common habits of tobacco chewing around 9% people were diagnosed with dental stains, Gum problems also sores in mouth. As a result the need was felt to incorporate a Equipped Mobile Dental care unit that can go to villages & provide necessary screenings & the required treatments also.

On 14th November 2014 the Equipped Mobile Dental Clinic was inaugurated by Hon'ble Defence Minister Shri. Manohar Parrikar at Goa Shipyard Limited premises.



Photos of Various Activities under Arogya Mitra project

General check up camps



Environment awareness sessions



World Health Day Celebration on 7th April 2014



General health awareness sessions in schools



Talks on Importance of Breastfeeding



World hypertension Day (14.04.2014)



Clean village- Healthy Village activity



WORLD NO TOBACO DAY (31.05.2014)



Painting Competitions



HEALTH DAY(TALK ON NUTRITION)



EYE CAMP



PTA MEETINGS



ESSAY COMPETITION (SAVE NATURE THEME)



TOBACO AWARENESS SESSIONS AT SCHOOLS



POSTER COMPETITION (TOBACO FREE SCHOOL)



BONE MINERAL DENSITY MEASURING



SELF HELP GROU MEETINGS & HEALTH AWARENESS



FREE SPECTACLES DISTRIBUTION



Thyroid Detection Camp



Anemia Detection



CANCER AWARENESS & DETECTION CAMPS



Dental Screening & treatments



Oral Hygiene Awareness



Diabetic Detection camps



NIRMAL BHARAT ABHIYAN

(NOW TERMED AS SWACHH BHARAT MISSION)

1. Nirmal Bharat Abhiyan (NBA) Activities in Cancona taluka



The programme was launched officially by PWD, Govt of Goa on 31.01.2014 at Municipal Council Hall, Canacona in presence of Hon'ble PWD Minister Shri. Sudin Dhavalikar & Hon'ble Sports & Youth Minister Shri. Ramesh Tawadkar PWD officials Shri. D. J. S. Borkar, Shri. Dhond, and Dr. Madhusudan Joshi, Board Member of Voluntary Health Association of Goa.

It was announced that the IEC activities in Canacona taluka will be taken up by Voluntary Health Association of Goa for 6 months from Feb. 2014 till July 2014.

ACTIVITIES CONDUCTED DURING FEB-2014 TO JULY 2014

• MONTH	• ACTIVITIES	• NO OF PROGRAMMES	• STATUS
FEBRUARY	1. House To House Surveys 2. Preparation Of IEC Materials	*7 Panchayats, 10106 Houses * IECS, Training PPTs	*Completed For All Panchayats 10106 Houses * One Pagers On Sanitation And Hygiene Distributed
MARCH	VWSC Formation	7 VWSCs	*VWSC Formation

	<p>2.Asha, Anganwadi School, Shgs Awareness</p> <p>3.Sanitation Rallies</p> <p>4.Street Plays</p> <p>5. Iec Printing</p> <p>6.Survey</p>	<p>*Panchayat School Meetings</p> <p>*SHGS Meetings</p> <p>*Anganwadi Meetings</p> <p>*Survey</p> <p>*Awareness</p>	<p>Completed, Primary Information To All Members Given.</p> <p>SHGS -14 Meetings About Awareness On Sanitation</p> <p>*Total Survey 10105 Houses Completed In All Panchayats</p> <p>* Individual Awareness</p>
APRIL	<p>1.Awareness</p> <p>2.Street Plays</p> <p>3.SHG, VWSC Meetings</p>	<p>*SHGs, Individual Meetings During Surveys</p> <p>*Community Meetings, Youth Mandals meetings</p>	<p>*8 SHG Meetings Completed</p> <p>*3 Community Meetings For Sanitation Awareness</p> <p>*Meetings Of PTA Members Shristhal.</p>
MAY	<p>Making of "NIRMAL GOA" news letter.</p> <p>2) Training programme for VWSC members, village panchayat, Asha, health workers, anganwadi workers, school teachers, SHGs, Youth mandals</p> <p>Publicity</p> <p>3.Street Plays</p>	<p>*News Letter</p> <p>*Community Trainings</p> <p>* Street Plays</p>	<p>*Informatory programme to VWSC taken & also trainings for VHSC to all panchayats done</p> <p>*Anganwadi workers training completed (Information on Open Defecation, Sanitation, General Hygiene)</p> <p>PTA members meetings in panchayat areas and information on sanitation, Garbage management (3 programmes)</p> <p>*4 Street plays on Personal hygiene, open defecation, garbage.</p>
JUNE	<p>1.Awareness</p> <p>2.Street Plays</p> <p>3.Rallies</p>	<p>*Talks on sanitation, Open Defecation, Health and Hygiene</p> <p>*Street Plays</p>	<p>*School children awareness</p> <p>*SHGs visits & distribution of one pagers on hand hygiene, sanitation.</p>
JULY	<p>1)Awareness, street plays</p> <p>Publicity</p> <p>Compilation & submission of reports</p>	<p>*Community Meetings, Awareness generations.</p>	<p>*School children awareness in all panchayat area schools completed</p> <p>SHGs visits & distribution of one pagers on hand hygiene, sanitation.</p> <p>*Street Plays</p>

OUTCOME FROM THE ABOVE ACTIVITIES

1) Reconstitution of Village Water and Sanitation Committee

In pursuance to the guidelines issued by the Ministry of Drinking Water & Sanitation, Govt of India, for implementation of NBA & WQMSP, the approved notification was send to all Gram Panchayats & accordingly the VWSCs were formed.

The VWSC ensure safe drinking water supply. The committee ensures proper planning, monitoring, implementation and maintenance of water supply schemes and sanitation facilities in the area with active participation of the villagers.

Status of Village Water and Sanitation Committee (VWSC)

Panchayat Name	If VWSC is formed (Yes/No)	If VWSC is functional (Yes/No)
Shrithal	Yes	Yes
Khola	Yes	Yes
Agonda	Yes	Yes
Cotigaon	Yes	Yes
Gaondongari	Yes	Yes
Paiguinim	Yes	Yes
Loleum-Poleum	Yes	Yes

2) Maximum attention is given on various aspects of health Issues due to lack of sanitation facilities and from open defecation.



Many families do not have toilets and do open defecation, affecting the nearby river water quality, resulting in pollution of available drinking water resources and thereby resulting in waterborne diseases leading to infant mortality, high medical expenses, low saving ability, and malnutrition

among all especially children.

Through Community awareness sessions, awareness sessions for SHGs and awareness drives for school children, community and children were educated on ill effects of open defecation, to stop open defecation, use of toilets, hygiene maintenance, and health.



3) Capacity Building at V.P Level is created to ensure successful implementation of NBA and WQMS



In short meetings they were made aware of the VWSC's functions, like ensuring proper planning, monitoring, implementation and maintenance of water supply schemes and sanitation facilities in the area with active participation of the villagers.

4) Ensuring 100% usage of toilets where toilet facilities are already available

Awareness among community is created with use of IEC materials, SHG meetings and trainings of Health workers/ Anganwaddi workers/ Teachers/SHGs on Water/ Health / Sanitation/ Garbage Management, and through means of street plays.

People were made to understand the usage of toilet facilities and to stop open defecation. Use of safe, clean drinking water and garbage management practices.



STREET PLAYS:



GARBAGE MAANGEMENT



USE OF CLEAN WATER

STOP OPEN DEFECATION**PERSONAL HYGIENE**

Demand for Construction of Community Sanitary Complexes at important location is identified

During the surveys of household and villages the need of sanitary complexes in each village panchayat was recorded.

VP NAME	NO. PRESENT SANITARY COMPLEXES	NO. OF ADDITIONAL SANITARY COMPLEX REQUIRED
Shrithal	0	4
Khola	0	3
Agonda	0	3
Cotigaon	0	3
Gaondongari	0	4
Paiguinim	0	4
Loleum-Poleum	0	4

2. Baseline Survey:

A detailed survey was done in all individual households in each village panchayat of South Goa & North Goa.

Individual households, schools, Anganwaddis were covered for getting details about availability of sanitation facility and whether toilet is functional or defunct.

Also the information about availability of water sources was covered during the surveys and details about garbage management system at each panchayat level were also noted.

A total of 1, 86, 382 Individual households were covered during the survey period from July-2014 till September-2014.

3. Swachh Bharat Mission Awareness Campaign

An extensive campaign was done under SBM for one month's period from 2nd October to 30th October.

The aim of the campaign was to spread awareness about the objectives of Swachh Bharat Mission and distribution of informative leaflets in English as well as local Konkani language to each household across Goa.

The objectives of Swachh Bharat Mission are as follows:

- To build toilet for each household/Schools/Community
- Stop Open Defecation
- Effective garbage management
- Clean water for drinking & judicious use of water
- Personal health & hygiene








The one pager, brochures containing the information & Swachhta Pledge were distributed in each household across goa, in all village panchayats, in all anganwaddis, Schools etc.

The campaign was done in all 12 blocks of North goa & South goa & all 189 village Panchayats were covered under the programme.



Acknowledgements

Recognizing the painstaking efforts of VHAG, there have been many entrepreneurs, companies, organizations, Individuals and NGOs have come forward and have associated with us to make health a reality to the people of Goa. We are deeply indebted to all of them without whom; we would not have been able to make a significant mark in the field of health promotion in Goa. Some of our collaborators are:

<p>The Directorate Of Health Services</p> 	<p>Sanofi (I) LTD., Pharmaceutical Company</p> 
<p>Goa Civic & Consumer Action Network (GOACAN)</p> 	<p>Goa Shipyard Limited</p>  
<p>LIFE LINE FOUNDATION POSITIVE PEOPLE- GOA</p>	 <p>PUBLIC WORKS DEPARTMENT Government of Goa</p>
	<p>Tulip Group of companies, Goa</p> 

Thank you!